

Douglass Community Center

2305 Douglass Blvd 40205



Louisville Parks and Recreation

| 2021 Fall Schedule October – December *Subject to change | Monday Programming Hours 10:00a – 8:00p | Tuesday Programming Hours 10:00a – 8:00p | Wednesday Programming Hours 10:00a – 8:00p | Thursday Programming Hours 10:00a – 8:00p | Friday Programming Hours 10:00a – 7:00p |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Recreation Supervisor: Laneisha Beasley laneisha.beasley@louisvilleky.gov 502-456-8120 | <u>Indoor Walking Club</u> 10:30-11:30am | <u>SilverSneakers</u> 10:30- 11:30am | <u>Indoor Walking Club</u> 10:30-11:30am | <u>SilverSneakers</u> 10:30- 11:30am <u>Tai Chi with Glenn</u> 11:30am- 12:30pm | <u>Adult Archery</u> 10:30am-12:30pm |
| | <u>Pickleball</u> 12:30-2:30pm | <u>21+ Adult Open Gym</u> 2:00 – 3:30pm | <u>Pickleball</u> 12:30-2:30pm | <u>21+ Adult Open Gym</u> 2:00 – 3:30pm | <u>21+ Adult Open Gym</u> 2:00 – 3:30pm |
| Recreation Assistant Keron Wakefield keron.wakefield@louisvilleky.gov | <u>Teen/Young Adult Open gym</u> 2:30-6:00pm | <u>Middle School Open gym</u> 3:30-5:30pm | <u>Rockerettes</u> 12:30pm-2:30pm (Weight room) | <u>Middle School Open gym</u> 2:30-5:00pm | <u>Elementary School Homework Help and Hoops Open gym</u> 4:00-6:30pm |
| Recreation Assistant Aide Coach Nate Rucker george.rucker@louisvilleky.gov | <u>Body Shaping Class</u> 6:30pm-7:30pm | | Book Club Meeting 1st Wednesday of the month 12:30pm | <u>Square Dancing</u> 5:15- 6:15pm <u>Tai Chi w/ Kay</u> 7:00pm | |
| | <u>Evolution Community Dance</u> 6:00pm-7:45pm (Weight room) | <u>Dance 101 w/ Dixie</u> 6-8pm (Weight room) | <u>Teen/Young Adult Open gym</u> 2:30pm-5:00pm | <u>40+ Open Gym</u> 6:30pm -7:45pm | |

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|--|-----------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------|
| | | "I love to Plan" Planner Meet Up First Tuesday of each month 6:30pm | <u>Cardio Drumming Live</u> 5:15pm – 6:15pm <u>Yoga</u> 6:30pm- 7:45pm | <u>Dance 101 w/ Dixie</u> 6:00pm-8:00pm (Weight room) | |
| | | | <u>Evolution Community Dance</u> 6:00pm-7:45pm (Multipurpose room) | | |
| | <u>Weight Room</u> 10:30am – 6:00pm | <u>Weight Room</u> 10:30am- 8:00pm | <u>Weight Room</u> 10:30am- 8:00pm | <u>Weight Room</u> 10:30am – 6:00pm | <u>Weight Room</u> 10:30am – 6:00pm |

(Silver Sneakers \$10 fee per month)

(Cardio Drumming Live \$7)

A one-time registration is required.

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502/456-8120 • bestparksever.com

It is the intent of Louisville Parks and Recreation to make all programs and facilities accessible to individuals with disabilities. If an accommodation is necessary for your participation, please advise us of the needed service in advance.



**LOUISVILLE
PARKS
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Escape. Explore. Connect.